WAYS *of* HEALTH

SERIES I

BOOKLET I

MAX WARDALL

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WAYS OF HEALTH

By

MAX WARDALL

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WAYS OF HEALTH

Physical health is an essential part of spirituality. Without health the paths are long and dreary and we stumble on the threshold of realisation.

There is a state of physical harmony, known to the few, wherein all work is play. Without friction or waste the marvelous machinery of the body turns with each function responding in rhythmic union to the impulses of the Self. This is the Edenic or natural condition. We were each intended to derive a pure and spiritual delight from all conscious efforts. This state can only be attained by *living* with *nature.*

Man is divine in his origin. He is not body haunted by a soul—but a soul clothed in flesh. The physical body is the outermost garment the soul wears and is the foundation of the personality structure. This body has been builded throughout the ages by trial and test and now stands a superlative monument to the wisdom and sagacity of our Divine Selves.

To live intelligently in this body is to be whole and happy.

Right living is better than prayer.

To listen for the call to eternal rightness of being is to truly aspire.

Living is a fine art; the art of arts.

To live gracefully, honestly and helpfully is to be Divine.

Ignorance is not a sin, but indifference to knowledge is.

Death is not a tragedy, but prolonged ill health is.

Every act, thought and feeling is either harmonious with or dissonant to eternal law.

Bodily health comes from right action.

Social health from right feeling.

Mental health from right thought.

Action, feeling and thought intermingle. Each affects the other and true wholeness and moral well-being come from harmony of the three.

The co-ordination of the bodily functions with the higher function of mind and feeling give a sense of sufficiency and power and the bodily temple becomes a sacred shrine upon which the soul lays in serene confidence its world offering.

Back to Nature

We will now give certain rules which if followed faithfully and with courageous intent will lead to instinctive health and spiritual delight.

They comprise:

Right food.

Right air.

Right exercise.

Right sleep.

Right thought.

Right Food

"And God said, I have given you every herb bearing seed which is upon the face of the earth and every tree in which is the fruit yielding seed; to you it shall be for meat."

Eat natural foods.

Be firm in your faith that God has made ample provision for your bodily needs. Nature alone knows how to gather from earth and air the properties exactly suited to our requirements. Studies of the history of foods and their effects upon different civilizations lead us to this irrestible conclusion. Man must eat natural foods or degenerate and prematurely die.

Hold fast to this potent fact! Naturally organised foods are the right foods. When they have been treated by milling and denaturing something is gone. Nor can we separate the properties of a grain of wheat and combine them again in a manner suited to human needs. Every natural food has a definite physical, mental and spiritual offering for you. Break it up and that life is gone.

Naturally organised foods build perfect bodies including perfect teeth. What are natural foods? They are those which have grown on mother earth and have extracted from soil and air and compounded with divine skill all properties necessary to build perfect bodies for man. They are the "herbs bearing seed and every tree in which is the fruit yielding seed."

The attempt of man to improve on these perfect building materials is the cause of his physical degeneracy, most manifest in the loss of his teeth, tonsils, appendix and hair. Man divorces naturally allied properties of food which nature has perfectly combined. He then eats these properties separately and—dies. The living nutrient principal of food is destroyed with dissociation.

We should look with intense suspicion upon all manufactured, chemically converted, adulterated, denatured or predigested foods. Too often they have been robbed of vitamins, mineral salts, cellulose and roughage. The deorganisation and attempted reconstruction of nature's foods is the greatest single factor in the enormous increase of sickness everywhere.

Nature did not produce man with a frying pan in his hand. Man existed on this planet many, many centuries before he knew anything about fire. He lived as other animals live on unprepared and unfired foods. That he was strong and mighty is evidenced by his survival.

The constant use of cooked, highly spiced and fermented foods destroys the natural instincts for food and takes away his relish for that which is good for him. This instinctive relish can only be restored by eating natural and proper foods. Many children who are fed

on prepared foods and derivities from birth, never know the delicate, natural flavor of fruits, nuts and vegetables.

Natural man lived on fruit, nuts, vegetables and grains. They are enough. They give health and preserve the teeth. The primary cause of decay and loss of the teeth with attendant sickness, misery and disfigurement is nothing less than starvation. Teeth rot and die because they are not nourished though the stomach below may be gorged with food. That the body is stuffed with food means nothing to the teeth if they are not provided with the special nutritive elements they need, for teeth accept no patent substitutes. They cry for phosphorus, fluorine and calcium, and when their foolish owner gives them white bread, sugar, pies, cakes, meats, potatoes and vegetables from which all virtue has been boiled away, they collapse and die.

Until comparatively recent times the people inhabiting the earth lived upon fruits, nuts and vegetables. The Egyptian mummies when examined are found to have full sets of sound teeth. So strong are these teeth that after four thousand years they often appear untouched by time. G. Stanley Hall, of Clark University, is authority for the statement that the examination of the bodies of all ancient peoples reveal perfect teeth. The Egyptians of the dynasties of Pharaoh ate bread from the whole kernel of the wheat. They also ate barley, grapes, figs, nuts, pomegranates, cucumbers, melons, onions, leeks and garlic. These are the foods for which teeth, bone, blood and tissue murmur.

I have known people with decaying and tottering teeth to completely stop their difficulty by eating almond nuts once a day. The crunching and crewing strengthened the jaw and sent life and blood to the tissues, while the almonds furnished the all necessary calcium and phosphorus.

Humanity wanders far afield in the search for health and happiness. Millions return from that search shattered in body and mind to find them at home within themselves. The suggestions made herein are so simple that many will say, "Impossible!" and go on seeking for complicated formulas that never work. Simplicity works.

It is the law. Simplicity is the natural Edenic condition. We were intended to live in our bodies like princes in palaces. Instead we dwell like slaves in noisome dungeons.

Be simple. Eat natural foods as nature prepared them. Beware of white flour, white rice, white sugar, white corn meal, preserved fruits and cereals. They look pretty, but they are false and deceitful.

Eat alkaline foods.

Foods when taken into the body are converted into acids or alkalines. The line of demarcation between the two is often very fine, but the essential difference lies in the amount of nitrogen and carbon the food contains. These two elements, nitrogen and carbon form the chief content of all protein foods and are acid-producing. Animal food and seeds of plants are rich in carbon and nitrogen and are acid-producing, while fruits and vegetables are alkaline. Now the important point is this: The unit of organised life is the cell. All nerves, bones, tissues and bodily substances are composed of cells. Each cell floats in a fluid called lymph. The work of this curious fluid is to conduct pure blood to the cell and take away the waste matter.

The process of injecting fresh blood around the cells is likened to the squeezing of a sponge saturated with clean water. The taking away of impurities is the absorption or soaking up of the particles of waste by this lymphatic sponge.

This floating lymph to properly perform its work must be alkaline. If it becomes for any reason acidulous the pure blood is not thoroughly squeezed out nor the waste matter taken away.

The greatest and commonest dietetic sin is the abuse of alkaline balance. By too much acid food and lack of exercise we change the character of the lymph until it becomes slightly or strongly acidulous. Then our trouble begins—for a veritable demon is acidosis.

It works silently, like the white ant that burrows in darkness and is never seen. Millions of these termites penetrate into a dwelling and literally eat it up until it crumbles and collapses into sawdust, before the inmates know that they have been attacked. So does an acid lymph destroy the integrity of the human dwelling. It collapses, but the enemy is never seen or heard and until recently not even identified.

Acidosis is common to most people who live sedentary lives. Its first effect is to create nervousness. The nerves normally are surrounded by this alkaline sea and are content, they have a sense of peace, comfort and well-being, but when this alkaline ocean becomes acid they shrink and burn with irritation and false stimulation. They feel raw, stripped and naked. The subject becomes nervous, touchy and on edge. If the acidity increases, and it usually does, he develops any one of a hundred other symptoms of disease and discomfort. Acidosis is the basic cause of colds, and their sequelae: grippe, influenza, pneumonia, tonsilitis, bronchitis, neuritis, hysteria, nervous prostration, autointoxication and a host of other maladies.

There are two chief causes for acidosis.

1. Improper diet.
2. Lack of exercise.

Fatigue and constipation are contributing causes, but these are in reality symptoms of the two primary habits specified.

The standard menu of an average home is calculated to produce acidosis. Meat, bread, eggs, jam, coffee, cream, beans, peas, white sugar and pastry. This meal is wholly acid-producing. Not one tiny element to soothe the seared and tortured nerves or cleanse the waste-clogged tissues.

On the other hand, a luncheon of baked potato, asparagus, green uncooked salad and fresh fruit is wholly alkaline.

Each meal should be so composed that 80% thereof is alkaline or base-forming. Twenty per cent of the meal can safely be composed of acid-forming foods.

Because of the sovereign importance of this phase of dietetics, we counsel the reader to remember that acid foods include cereals and grains of all kinds, meats, eggs, sugar, cream, butter, jellies and pastries.

Alkalines include, fresh milk, all vegetables and practically all fruits. Spinach, lima beans, asparagus, lettuce, cabbage, oranges, apples, lemons are especially valuable foods in combating acidity.

Those who take a great deal of exercise escape in a measure the evils of acidosis. As we have indicated, the lymph is like a gelatinous sponge that surrounds each cell, squeezing out pure red blood and absorbing back the cell waste. This process is continually going on in the body. But this process requires the co-operation of the muscular system. The muscles form forty-one per cent of the body. When the muscles are not exercised, the sponge-like operation of the lymph is lessened, the cells accumulate their harmful waste and there is no cleansing river of blood to carry them off. The chemical activity and oxidation of the cells becomes less and less, and the entire body suffers in accumulated poisons and lowered efficiency; the muscles become soft, weak and flabby. This is the sure road to acidosis and ultimate invalidism.

I have for years maintained that common colds, tonsilitis, bronchitis and kindred mucus disorders are not infectious diseases, but traceable to acidosis. I have repeatedly cured a cold in twenty-four hours by going on a purely alkaline diet. Nor have I ever been able to contract a cold when in a state of alkaline balance.

Not until recently has there been any scientific authority for my belief. Today, however, appears an article from the pen of Dr. Volney S. Cheney, a noted physician in Chicago, in which this eminent scientist declares that by a series of protracted experiments he has demonstrated that colds are not the result of infection, but are caused by acidity in the bodily fluids and tissues; in other words, acidosis. He has been able to produce colds in twenty-four hours by acid feeding and to cure them by alkaline injections.

Don't disturb your alkaline balance.

Make happy food combinations.

There are certain foods which eaten at the same time aid and assist each other in digestive changes.

Experience convinces us that, theoretically at least, the greatest freedom from digestive disturbances, putrefaction and fermentation is attained when very few articles are eaten at the same meal.

1. Never eat two starches at the same meal; they work against each other. Do not eat starch foods at more than one meal a day.

2. Never eat acid or hyperacid fruits with starch.

3. Do not eat two kinds of strong protein foods at the same meal.

4. Never eat two kinds of acid fruit at the same meal.

5. Eat as many non-starchy vegetables at a meal as desired; they may be eaten freely.

6. Nuts are strong food and easily digested when combined with vegetables, cooked or uncooked, but never use nuts as an after thought.

7. Dr. Tilden, a noted physician of Denver, says that "thick pea and bean soups, as well as mushes soaked with milk and sugar, are dangerous foods, as they are never properly insalivated.

8. Recent experiments have demonstrated that drinking water slowly at meals is an aid to insalivation and gastric action; but the washing process is of course deplorable.

Raisins, figs and dates are valuable foods and may be eaten in any combination; they should be used to satisfy the craving for sugar and candy.

10. Milk and sugar make bad companions.

11. Milk has a dubious reputation and for adults is often undesirable. If taken, it should be sipped with a spoon and taken practically alone or with bread. Sour milk, buttermilk, curds and cottage cheese are proper milk foods for adults.

12. Millions of peasants in Europe enjoy fine health on a diet of bread, cheese and fruit. It is an ideal com-

bination, yielding the carbo-hydrates, proteins, mineral salts and fats in excellent proportions, though care should be taken to avoid the use of acid fruits with bread.

A recent discovery of much importance to the human race may be mentioned here.

In the last century the great Russian scientist, Metchnikoff, after a long and ardent search for the secret of longevity, reached the conclusion that the early physical decay of the bodies of men and women was due to auto-intoxication brought about by bacteria born and bred in the alimentary canal—especially in the large intestine, where decayed and fermented matter is wont to lie. He suggested the use of some natural food which is antiseptic and which would destroy these bacteria. He commends for this purpose the free use of buttermilk and sour milk, in which is found the lactic germ. This little germ is a powerful and aggressive foe to all other bacteria inimical to the human body. There is no doubt that this discovery is a valuable one, and that the free use of lactic germ products will greatly decrease the fermentation and growth of poisonous bacteria in the intestines.

However, after Metchnikoff's death, it was discovered that relatively few lactic bacteria survived the action of the gastric juice in the stomach. His disciples began a search for some suitable protective carrier for these beneficial germs, that they might survive the fury of the gastric juice and get into the intestines in sufficient numbers. After many years of research they discovered such a carrier. Here it is.

Bananas and buttermilk taken together have an antiseptic influence upon the entire alimentary canal. In a lesser degree, baked potatoes and sour milk are also extraordinarily cleansing and helpful. Ireland, which has produced some of the most astounding athletes in the world, is a potato-sour-milk-country. Among the poorer classes this constitutes in some cases the entire food, and their hardiness and resistance to disease is remarkable.

It will be observed that such a diet also preserves the alkaline balance. Remember the skin of the potato contains highly essential salts.

Eat only when hungry.

Don't be obsessed by custom. Think of yourself. The average man of sedentary life habitually eats when there is no hunger. This is a serious and obvious blunder. Food eaten under such circumstances lies a neglected burden in the alimentary highway, causing putrefaction, distention and misery.

Eat little.

Few people starve to death, but millions die of stuffing. Food taken in excess becomes a dangerous burden to the body and when continued causes disease. One should stop eating while the flavor is still pleasing and the stomach ready for more. By practice this point of sufficiency will be found. It will be observed that though we rise from the table still hungry, at the end of one half an hour all hunger disappears and a contented sense of repletion supervenes. This is normal and right. One cannot make any very rapid spiritual or mental progress until the exact needs of the body have been ascertained and food regulated to meet those needs.

Be simple.

A careful examination of the structure of the human body will convince anyone that man has substantially the same physical endowment and the same bodily needs as all other animals, yet we must have observed that animals do not appear to require the variety of foods that we do. A horse fares well enough, from infancy to old age, on two or three kinds of nutritious foods. Yet so-called civilized human beings take from fifteen to twenty kinds of aliment at each meal, and the writer recently witnessed the casual deposit of no less than thirty-one different substances into a human esophagus during a single meal. These substances included, of course, salt, pepper, mustard, baking powder, soda, sugar, nutmeg, yeast, extracts, etc., but it was an ordinary course dinner such as many of us eat every day. What justification can exist in nature for such an extraordinary gastronomical marathon? What would happen to the stomach of the unsophisticated horse if he were fed this combination? Do men require a wider

range of food substances to supply their bodily needs than do animals? Doubtless somewhat of greater variety is required, and the brain of man with its constant activity gives rise to new demands in the way of food, but these things have been scientifically determined and we learn with satisfaction that the common grains supply all the requirements of the body and brain for man as well as beast. Is it possible that there is anything in our spiritual needs that calls for the ingestion of a score of more or less unfriendly substances at our daily meals? So far as we are able to determine, a simple and unadulterated diet is most conducive to the free expression of the spiritual nature. We do not know what John the Baptist might have been if he had been provided with modern food and raiment, but we do feel sure that his girdle of camel's hair and diet of locust and wild honey did not lessen his power and inspiration, and during the stirring days that followed the Baptism, when the Master and His disciples were treading the soil of Syria, they lived on the coursest and simplest fares, deriving from the very frugality of the diet an unperplexed and wholesome vision of human life. Be simple, eat not more than four foods at the same meal.

Meat.

Flesh food is acid-forming, toxic, putrefactive, and unclean. Vegetables, fruits and grains ferment, meat putrefies. Fermentation and putrefaction are antagonistic biologic processes. Fermentation, when it occurs in the body, causes relatively harmless acids, but putrefaction gives rise to highly poisonous and offensive products in the human body.

It is to be noted that meat-eating animals rid themselves of poisons by perspiring through the tongue. Humans are not true meat eaters, and do not have this clever apparatus for throwing out poisons. The skin is not prepared for this unnatural duty. Meat eaters are law breakers and must pay for their infraction each year with new and more dreadful maladies.

Animals are rarely healthy. Cows are subject to and actually infected with many so-called human diseases. The animal has usually been dead weeks and

months and even years, before their flesh reaches your table. What has happened to the tissues of the animal in the meantime? Does cold storage stop all the putrefactive processes? It does not. Nor does cooking wholly destroy them.

Eat meat if you must, but do not expect to escape the nameless impurities that are inseparable from all decaying organic matter.

Eat meat if you must, but do not expect men to stop killing each other while they slay countless millions of innocent animals to satisfy unregulated appetites.

Slay to eat, if you must, but when you cause to be slain these innocent creatures, say to them in your heart, "By the same power that slays you, I too am slain; and I too shall be consumed."

Drink Water.

The body is largely composed of liquids. Waste and evaporation dispose of two quarts of liquid per day. It must be replenished. The average person in sedentary life should consume at least ten glasses of water every day to keep the liquid balance. Toilers should take more.

It has been the writer's custom for many years to take five glasses of water at blood heat before arising. The effect in bodily purification is astonishing. The alimentary canal is a much abused highway even with those who try to live sanely. Civilization is a conspiracy against us all. To maintain health one must be eternally vigilant.

To begin the day with an alimentary bath is to gain new ascendency at each recurring dawn.

After a night of sleep the stomach is empty and relaxed, the gate which connects the stomach with the intestines is open. Cold or hot water will cause a contraction of the stomach and the gate will close, but the luke warm water flows without obstruction into the intestines, cleansing and purifying the system.

The water should be taken in bed while the body is still relaxed, and the knees drawn up in a position of comfort. The first glass may be sipped, the rest taken

more rapidly. The writer learned of this method from an East Indian Gypsy, and to him goes a wealth of gratitude, for it is a sovereign remedy for constipation and colitis.

Vitamines.

Those who eat natural foods need give no heed to vitamines or calories. We are not intended to be incessantly concerned about our food. Constant measuring and dieting makes life ridiculous and vexatious.

One need but study these rules carefully and *learn them* and live them. He may then go joyously about his affairs, confident that obedience to nature brings liberation and happiness.

The grace and serene guidance of nature rest upon all who obey her laws.

Right Air

Breathing corresponds in some deep way with the rhythm of the Solar Life. Man is a part of a prodigious organism. His breathing corresponds to an aeonian respiration that is the foundation of his regular and rhythmic intake and outgo. We are not concerned with teaching control of the breath. Admittedly astounding psychic power, physical energy and vitality may be developed by certain forms of controlled breathing. Such practices, however, should be avoided, as they are highly dangerous and productive of no spiritual good.

But to learn to breathe properly is essential to perfect bodily efficiency and gives a sense of freedom and power. True deep rhythmic breathing finds resonance in the whole organism. Singers and speakers who have diaphrammatic breathing live longer, have greater vitality and keep their youth better than the average person.

In cold climates, after a night in an airless bedroom, our modern man gets up and jumps into a closed automobile or tram car, and speeds to a closed office where he spends an airless day. In the evening he attends a theatre filled with poison breaths and devitalized atmosphere, and goes home to another breathless night in his airless room.

Conditions are better in America and England where fresh air is more understood and appreciated, but the above is not far from the truth. The result is as follows:

1. A gradual lessening of vitality.
2. Decreased muscular tone.
3. Impure blood.
4. Defective circulation.
5. Loss of hair.
6. Debility.

One should make a practice of deep breathing whenever he comes into fresh air, be he walking or driving. He should fill his lungs to their deeps and expel the breath slowly. Make it a habit. It is an easy one to acquire and delightfully invigorating. After a time the habit gets fixed and one need think no more of it. Whenever you leave a building or other closed place, fill your lungs and keep filling them, until you come to the next imprisoned place. Unless you live in some wonderful out-door climate this is the best you can do. It is no use to recommend regular breathing exercises. No one keeps them up. Windows and doors should be open wherever possible; this will help, but we are all victims of a more or less poisonous civilization from which we cannot wholly escape.

I believe that loss of hair is in part due to lung impurities. This will seem ridiculous to some, but falling hair can be definitely traced in many instances to sedentary habits. The American Indian, who lived constantly in the open air, had a never-failing crop of abundant hair. His descendants living in houses under the generous patronage of the government are getting bald.

Not many years ago a series of interesting experiments were conducted by the Chemistry Department of the University of Wisconsin, that should cause us to take several deep breaths of amazement. Twenty students were requested to exhaust the contents of their lungs into a large container partially filled with water. They were especially enjoined to expel every particle of air from their lungs into the container. This liquid was then placed in a receptable and kept at blood heat for

ten days. At the end of this period, injections of this fluid was made into pigeons, whereupon their feathers fell out, leaving them quite bald. When the injections were suspended their feathers sprouted again. Guinea pigs treated in the same way lost every remnant of fur.

Though we know little of the principles involved in these curious experiments, we must conclude that poisonous substances gather in the lower lobes of the lungs and cause enfeeblement of the hair follicles.

The remedy is deep breathing and the complete expulsion of the air from these lobes by a series of short staccato breaths. I have known fast dwindling hair to renew itself and gain strength and glossiness by this method. Put a candle on a table and try to blow it out ten times night and morning.

Remember, too, it is not only the lungs that breathe, but the pores. There are four million mouths scattered over the skin that demand to breathe. Cover them up with tight-fitting clothes and you will be sorry. They know how to show their choked resentment in many, many ways.

Wear loose, porous clothes.

I watch with a furious envy the modern woman who wears in the street less than her grandmother wore to bed. Modern women have a longer life span than men, and why not, they are almost back to nature, with necks, limbs and body exposed to the elements. They grow hardier and hardier. The pores of the skin relieved from the choking compression of cumbrous garments, smile and breathe deep of their native element again. Women who are so exposed are much less subject to colds than men.

A few years ago a doctor, famed for his ability to cure rheumatism, finally confessed that he had one prescription which he gave to each patient. "Throw away your underclothes." This is a good prescription for those who wear wool or heavy garments next to the skin.

We cannot all go naked, but we can wear as few garments as society and the elements will permit. This is the whole doctrine and the law.

Hats are a useless burden and serve only one real purpose, and that is to remove what hair lye soaps, wood alcohol tonics and permanent waves have left upon your head. Women who bob their hair and wear tight hats, are going the way of baldness, as the next ten years will demonstrate. A sensible head has 125,000 hairs upon it, all of which belong there and should remain. But they will not stay unless you breathe pure air and keep your hat in your left hand.

If you wish to have health snatch every opportunity to expose your body to sun and air.

Sun baths fill the body with energy and renewed vitality, but the sunlight must not be strained through clothing or window glass. It must fall directly on the naked body.

"Forget not the earth delights to feel your bare feet and the wind longs to play with your hair—and the breath of life is in the sunlight and the hand of life is in the wind."

Right Exercise

We have intimated that the main purpose of exercise is to keep the lymph moving. But quite aside from this massage of the cells, through muscular contraction and relaxation, exercise serves to make us breathe deeply; to throw off self-generated poisons through the skin.

In our primitive days we needed no artificial incentive to muscular action. Life afforded us boundless expression. Our very lives depended upon action, but in these days when we are invited to degeneracy and sloth by a thousand comforting devices, we are obliged to find some incentive other than inexorable necessity. This incentive may be found in the innate love of beauty, harmony and strength.

It would not be practicable to suggest any specific exercises that would be suitable for all. We have differ-

ing needs. This much, however, is certain, that the routine labors of the ordinary man or woman engaged in sedentary occupations are entirely inadequate to keep the body in a state of perfect health. There are whole areas of muscles, especially those about the abdomen and back, that are, in the average man or woman, practically inactive and lifeless, creating a condition of internal sluggishness and nervous debility that work much injury to the health. A regular systematic course of muscular exercise is necessary. There are a great number of these systems that have been devised and most of them are good. Any public library will yield a number from which one may make his choice. From fifteen minutes to half an hour of these exercises combined with some walking in the open air will produce a remarkable and soul satisfying change in any person who has fallen into paths of feebleness and inertia.

In olden days gymnastics formed an essential part of all devotional exercises and a whole hour was spent by the youth in complicated and energetic movements of the body. If spirituality ever becomes a practical, attainable ideal, instead of a fugitive one, then in that day, the seeker for the hidden God will begin his search by preparing the physical temple. The days of the dreary, swamplike religion are past; the pale, anaemic, joyless devotee must give way to the practical mystic, who seeks in robust endeavor the Unitive life. Mere animal life has no relation to that intense and vivid sense of well-being that comes to the man who has, through knowledge of natural law and the application of the laws of the higher life, brought about a correlation of the body with the soul. The rampant, irrepressible vitality of animality is only a burlesque of the deep, steady, rhythmic power and harmony that flow from the man who has a chaste and healthy body that is finely co-ordinated and adjusted to the spiritual will.

Right Sleep

It would be hard to exaggerate the influence of sleep on health of mind and body. It is truly "chief nourisher in life's feast." Sleep restores and reanimates the body, gives relief to our gorged and swollen feelings and emotions which are permitted through dreams to drain harm-

lessly away; gives synthesis to our thought and liberates the Higher Man for work in the spiritual worlds.

Without sound sleep, physical and mental poise is lost and the nerves become frayed and shattered.

In these days of artificial foods, exciting amusements and tumultuous cities, one must re-learn the art of sleep. He must study his reactions to his environment with scrupulous care and discover what conduces to soundness of slumber and then follow this course.

My experience leads me to believe that 90% of our insomnia is due to false or fermenting foods. This is an easy matter for any sufferer to demonstrate and the point need not be stressed, except to say that those troubled with restlessness and insomnia need usually but spare their evening meal to find instant relief.

The use of bread at the evening meal in conjunction with other foods tends to generate gasses which though often slight, are sufficient to prevent sound sleep. Beware of bread. If you are past 40 leave it alone.

The manner in which we go to sleep is by no means unimportant. If you seek your couch while in a discouraged, fearful or worrying frame of mind, you are inviting trouble.* Never go to sleep in a negative condition. If fear is gripping at your heart or hatred barking at your door, do not, as you value your life, go to sleep until you have replaced these emotions with strong constructive ones. Repeat the 23rd Psalm to yourself or some verse of poetry that will give you a sense of faith, courage or reality.

Remember that all negative emotions, especially fear and hate, create active poisons in the body. They are a precious pair of stealthy assassins. All thoughts, especially those with powerful emotions behind them, tend immediately to change the structure of the physical body to conform to their likeness. Thus rigid and unyielding thoughts stiffen and age the body, hate contracts and poisons, suspicion wrinkles and deforms.

*See booklet by author, *"Sleep and Dreams."*

Remember that the last thoughts before you slumber tend to colour the sub-conscious life the whole night through. These moments before you sleep are the most sensitive periods of human life. Guard them well. Coue, the French Philosopher, was right when he counselled every person to repeat 20 times before sleeping and immediately upon awakening, the formula "Day by day in every way I get better and better." For such a declaration, made with unwavering faith is an antidote to all diseases, fear and poverty poison that has been splashing into our mind reservoir since birth.

Under such a formula the great underground current of ideas, images and emotion concepts that has been retarded and deflected from its course by baffling cross currents of doubt and trepidation, by whirlpools and eddies of confusing emotions, runs smooth and straight again.

When the powerful emotions of confidence, faith and joy are behind the words, they penetrate at once to the profoundest depths of the consciousness, neutralizing old prejudices, erroneous ideas, mistaken concepts, breaking up ancient vortices of evil thought and emotion, disease complexes and fear centres.

The law of evolution is progress, incessant change from limitation to freedom. When we say to this directive mind, "Day by day, in all respects, I get better and better," it seizes upon the formula, recognizing its truth and profound validity, and it sends the echoes of the phrase ringing back through the spaceless aisles of consciousness until it reaches the Divine and Perfect One, the Fair, the Beautiful, the Able One, who is the permanent architect of our destiny, the Self who is Divine. This Self responds, "Aye, all is well! All is well!" pouring back along the line of approach to the personality an answering wave of energy and sustaining power. Obviously, the more time spent in the exercise, the sooner will the old images be destroyed and the new consciousness gained. The practice must be regular and persistent. *The results are immediate.* In the still of the night, toward dawn, is a favorite time for sensitive people to awaken and worry over financial matters and

ill-health. Half awakened, they lie groaning and sweating inwardly in the darkness. They go over and over again, in vivid reality, the expected catastrophes that await them on the morrow. After they have completely saturated the subconscious mind with harrowing suggestions that it will blindly *endeavor to realise* for them, they sink into a troubled and wrinkled sleep. Who has not done it.

If you must worry, don't choose this hour for it. No time is so deadly. Should you awaken in the night, do not worry. Repeat Coue's formula to yourself with confidence. It is of all times, in my opinion, the most auspicious; the body is inert, the brain clock has long ceased ticking, the subconscious lies before you like a calm, deep pool. Whatever suggestion is given at this time will drop straight and clear with scarcely a ripple into the cool depths and when you awaken again these suggestions will be elaborated and ready for *realization in the life.*

Right Thought

Not only must we guard against the sub-conscious forces at night, but during the day we must keep wolf thoughts away.

Health cannot be gained and kept unless our thoughts, feelings and acts are in harmony with Divine Law. These three garments, thought, feeling and action interlace and the whorls of emotion set the bodily functions into concordant vibration. Thoughts do the same. The shocking transformations of human beings from maturity to old age with the attendant ugliness is in a great measure due to the conflicts of thought and feeling in the organism. Old age, senility and decrepitude are not natural, they are the results of mental, physical and emotional abuse. Old age, I am certain, is an avoidable disease.

Nature planned for us an age of gold, which should reach us between the period of adult age and dissolu-

tion. This epoch for a human being should be quite as attractive and advantageous to the race as childhood and youth.

From the age of 50 until we are 100, we should be fair to look upon, upright, content, clear eyed and strong. It is our own fault that this is not so. Beauty is our birthright, but we do not claim it. We deface ourselves with bad customs, habits and—most of all—with sad and bitter thoughts and feelings.

It is a well-known fact that mirth, laughter, cheer, happiness and good-will strengthen organic functioning, stimulate the glands, increase metabolism and make for sound health. Indeed it has been found that sadness and grief and bitterness cause the body to droop and wither like an autumn leaf. Bodily functions have been known to entirely stop under the stress of a blighting emotion.

Inhibitions, suppressions, concealments, shames and dreads, create obscure internal troubles, inflammations, tumours and cysts. And forget not that nothing so upsets the automatic operations of the human body as false, shameful and indecent ideas about sex.

Those who do not regard sex as something lovely and sacred, who sneer covetly, and wink slyly—these are due for some rude and painful experiences.

The mind must be kept beautiful if we are to grow old gracefully. A mind filled with beauty maketh one lovely, for beauty is a direct message, an entreaty to the soul. Beautiful thoughts invoke love, tenderness and the exquisite graces of the soul and these reflect and radiate from the countenance giving that ineffable quality and charm which even ravaging time cannot obliterate or dispel.

Love and good-will are life's greatest stimulators and beautifiers. Love which comes from the mountain heights of Divine Sovereignty pours its energies through man's body like a healing, cleansing balm; an energy which paints the cheeks and brightens the eye, gives depth to the voice and wings to the feet.

We try to keep young with glandular extracts, transplantations, infusions, injections, facial operations, skin restoratives, and what not. But these do not halt or stem the march of years. These palliatives are verily feeble and pathetic substitutes for the real elixir of youth which is found only in living with Nature, and this means: *Right Food, Right Air, Right Exercise, Right Sleep* and *Right Thought.*